

Grades
3-5



FIREFLIES

~ THE KID'S SAFETY SOURCE ~

Seattle Fire Department Fire Prevention Division

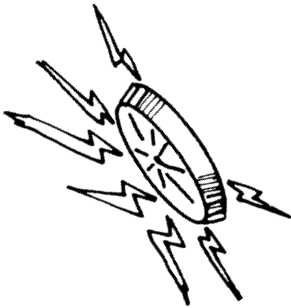
Send a Safety-O-Gram!

Tell the adults
in your home!

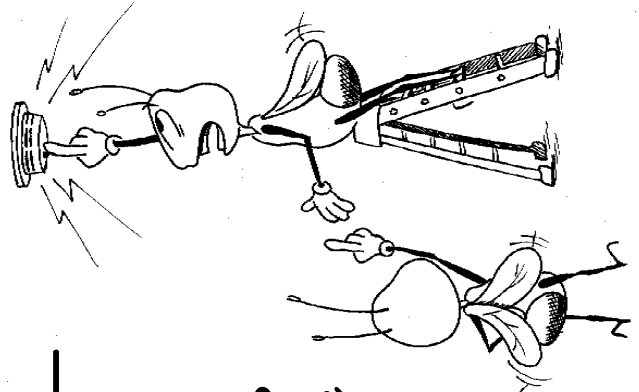
Cut out the postcard on the line that looks like this **_____**. Then fold it on the line that looks like this **-----**. Tape the two sides together at the bottom. Then mail or give this postcard to someone you love. Be sure to fill in all the blanks.

Change Your Clock Change Your Battery

On October 28, 2000 when you change your clock to daylight savings time, make sure to change your smoke alarm battery too!



Stamp



Dear _____

I love you!



Please check your
smoke alarm. Change its
battery when you change
your clock.

Love, _____

Meet some
Real Heros!

FEATURE FIRE FIGHTERS

Bike Medics

Meet Carlos Valdivia and Russ Wiseman. They are Seattle Fire Department Medics. Medics are firefighters who have special training to help people who are hurt. Carlos and Russ started the Bike Medic program in Seattle. There are places the Medic truck can't go when people need help. Places like Mariner games or July 4th at Gas Works park. Carlos and Russ knew there was a better way to get Medics and their equipment through big crowds fast. They took to bicycles! Seattle Fire Department now has over 30 Bike Medics.

Russ says being a Bike Medic is different than being a regular Medic. Bike Medics get more chances to visit with people. "We talk about the fire department and give directions." Carlos adds that they get to visit with kids. "When we work at parks we can show kids how to wear their helmets right. We also show them our equipment so they can get excited about riding bikes."



Photo by Roxanne Eberhart



Bike Medics Carlos and Russ at Safeco Field.

Carlos and Russ stay safe when riding their bikes. They follow the rules and watch out for each other. They **always** wear their helmets. They ride with a buddy and warn each other when cars are coming. They wear bright red clothes and silver helmets that are easy to see. They wear gloves to protect their hands if they fall. Russ adds, "We also wear eye protection so we don't get poked in the eyes when we ride through a crowd. In crowds there are cigars and umbrellas that are sticking out and Bat Day at Safeco Field can be a dangerous time, too!"

Bike Medics work at lots of fun events like SeaFair, marathons and Mariner games. They work at Seahawks and Huskies games too. This year the Bike Medics will be at more than 130 events. If you see them, tell them how you stay safe on your bike.

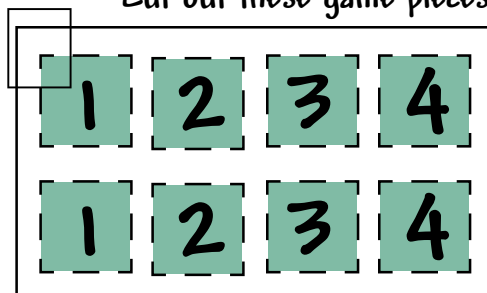


How to Play

Each player needs a marker. You can use a penny, eraser, or a paperclip. Cut out the numbers in the green boxes. Mix them up in a pile. Each player draws a number from the pile to see how many spaces to move. Follow the directions on the spaces as you land on them. The first player to correctly answer each "On Base" question wins! The answers are on the last page.

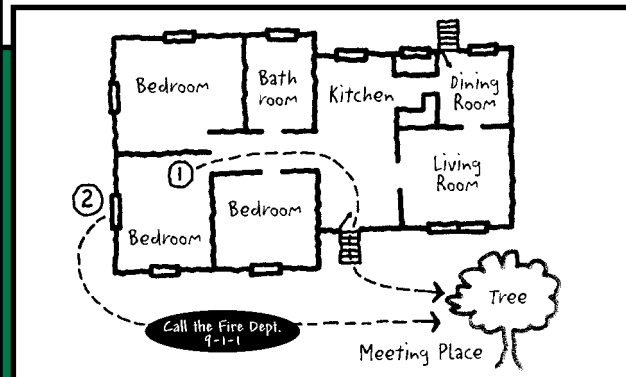
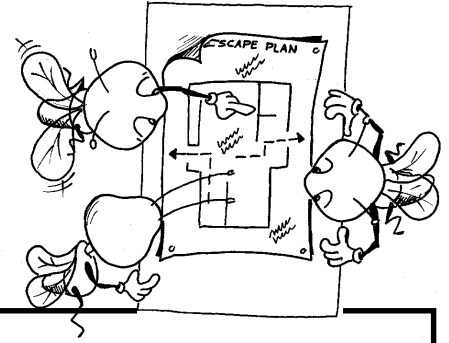


Cut out these game pieces!



Get Ready to be Ready!

Do you know two ways out of all the rooms in your home in case of fire? Would you know where to go to meet the rest of your family in case of an emergency? No??? Then let's get ready to make your GREAT ESCAPE!



In the space provided, or on a separate sheet of paper, draw a picture that shows your family how to get out of your home in case there is a fire. Be sure to draw two ways out of the rooms, if you can, and draw your outside meeting place.